



A Newsletter, for AA Members, Published by Nature Coast Intergroup: *Carrying the Message*

Nature Coast Journal



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VOLUME 13, ISSUE 9

SEPTEMBER 2011

Making a 12 Step Call

When making a 12 Step Call, make sure you are spiritually fit and your motives are clear. Sometimes it is better to go along with another alcoholic. It is important, if possible, to find out as much as you can about the person, to help with your approach. A family member maybe helpful in adding insight. It is best to meet with the person when they are alone and lucid, you will find they will be more receptive. Family members can be a distraction.

Engage in general conversation initially, and phase into talk of drinking. Make sure not to preach, moralize or lecture, no one wants to feel like they are being judged or criticized. Patience is a must and humor a plus. Use your own escapades as an example to lighten the mood. You may see that the person may chime in with some of their own antics. When talking of your struggles to stop drinking and your mental state of mind after that first drink, it is important to stress the persistence of the hopelessness that prevailed. You can describe yourself as an alcoholic, but do explain it is an illness. Answer any questions openly and honestly that may be asked. Stress freely the importance of spiritual principles, as everyone has their own conception.

When you feel the time is right, you may ask the question, are you ready to quit drinking and willing to go to any extreme to do so? At that time, you can outline the program of action and explain how it works. Bring a copy of the Big Book to lend as a guide. Allow them to borrow, if they are interested. Reassure that anyone can recover regardless of circumstance, if the person is willing.

Don't stay too long, just plant the seed. Offer friendship and fellowship, and never forget that helping others is the foundation stone of your recovery!

Sheree M from AA Central Office Voice II Newsletter, Atlanta GA

Sponsored by Nature Coast Intergroup

2011 Gratitude Dinner

Ham, Turkey, with Covered Dishes & Desserts

November 6th



Donation: \$2.00

NO Tickets sold at the door

Our Lady of Fatima
Church Hall
550 US Highway 41 S
Inverness.

Speaker: Sandy B-Tampa FL
Excellent circuit speaker

Doors Open: 4pm, Dinner: 5pm, Speaker to follow

Picnic In The Park

**Sponsored by Nature Coast Intergroup,
Floral City Tuesday & Floral City Men's**

September 10th

Floral Park, Floral City FL

**Noon to 3pm—Meeting at 2:00 with Guest
Speaker from Miami**



**Please bring a side dish. Hamburgers and Hot Dogs served.
Games, Disk Golf (bring a Frisbee) horse shoes and lots of
good fellowship.**

Of course it is FREE to All

Nothing is good or bad but thinking makes it so.
--Shakespeare

Look for the Good

Life is an interpretive experience. What happens is less important than how we respond to our circumstances. An intense stimulus that some people report as pain others report as pleasure. It is we who decide what the interpretation will be.

Are you a "good finder"? A recent study of the country's millionaires showed that the most common trait they all shared was the ability to discover good in any situation. This trait is also common in "triumphant survivors" - those individuals who overcome adversity and emerge strengthened and renewed.

A sincere spiritual seeker suffering from a chronic illness wondered, "Why haven't my prayers been answered?" One day, in deep meditation the reply came: "Look for the good in your situation and you will see that the answer has already been provided." Suddenly this woman realized that her crisis provided a wonderful opportunity. She embarked on a program of nutrition, exercise, and yoga, which led to a dramatic improvement in the quality of her life.

Abraham Lincoln once said, "Most people are about as happy as they make up their minds to be." Your state of mind is up to you. Choose now to look for the good.

Printed with permission from Listening to Your Inner Voice by Douglas Bloch

"I'm in the action business, and God is in the results business."

I was at my local Starbucks last week, and I ran into a friend who is in the program. He asked me how I was doing and I told him how overwhelmed and scared I felt, and that's when he reminded me that there are some things I can control, and some things I can't. As soon as he said this, I felt a great relief because I realized at once that I had been trying to control everything again.

Before recovery that's how I lived my life. I planned everything, took massive action, and then I tried to control the results. It was exhausting living that way, but without a Higher Power in my life, I didn't dare let go of anything. What a gift (and relief!) it was to learn that my real role in life is to suit up and show up and then turn the results over to God.

As we kept talking, he told me that all I had to do was take the next indicated action and then turn it over. When I looked at it this way, I was comforted because I knew I could control setting the next appointment or taking the next test, and as I released the results I released the tension and worry as well.

Today, I remind myself that I am in the action business, and God is in the results business.

Area Events

Details on our web site

Area Assemblies 2011

October 15-16

Renaissance Resort at
the World Golf Village

St. Augustine, FL

Hotel: **904-940-8000**

DETAILS ON WEBSITE

August 26-28, 2011

16th Annual Southeastern
Woman to Woman Seminar
Naples, FL

Oct 1st—District 28
3 Legacies Workshop

November 6
Gratitude Dinner



5TH ANNUAL
Rocksoberfest
Sunday, October 23, 2011

Fun Music



Speaker: **Sandy E**
Lake Seminole Park
Shelter #12
Starts at Noon

MEETING CANCELLED:
Saturday 10pm in Hernando has
been discontinued

The Holder Way of Life group has changed its anniversary meeting from the third Saturday of the month to the last Saturday, starting in September. The Grapevine meeting, for the time being, is moved to the third Saturday.

The Journal is looking for information on Group History's. If your group has been around a while and you want to let other know a little about how the group was formed, by who and when, write something up and send it in.



SPACE COAST AREA CAMP OUT

Hosted by the
Central Brevard Group of
Alcoholics Anonymous

Agenda

Friday, Sept 30



COUNTING MY BLESSING'S

I cannot begin to count the blessings that I have received since coming to AA this time around. The difference this time is that I turned my life over to my Higher Power. Just as He fed the multitudes He blessed me in the same way and my spiritual connection keeps multiplying. So many of us in recovery are critical of others and quick to anger. That fit me to a tee in the beginning. It's very hard for me to be like that now.

In this program I meet people who are there for each other. They are there for you as well just for the asking. I can't walk on water but with my Higher Power and my AA friends I can stay afloat. It's the positive thinking and friends like you that gave me a new life. I once thought I needed so many outside pleasures to be happy. I thought I couldn't get by without things. I have found that I didn't need things all along.

I take life today on its terms, keep it simple as possible and don't take myself so serious. Without God and the people in AA, who have taught me a new way of life, I would still be the old Ernie and you would not like him very much, I didn't.

AA I believe is a God given program which brings us together to help one another.

Thanks for listening, Ernie P, Resentment Group

Congratulations to Ernie P for having his article that was printed in the Journal in May published in this months Grapevine.

GRATITUDE DINNER UPDATE:

Tickets will go on sale October 1st. Flyers will be posted in September. The main course will be mostly Ham but we may have some turkey as well. We have the minimum of groups signed up but could still use 2 or 3 more. If your not already signed up, ask your group if they would help with a ham or turkey. Contact John L at NEWS@ncintergroup.com

Groups that have signed up for the main course:

Woman's Friendship Group, Monday Inverness, Dunnellen Sunday, Floral City Men's, Floral City Group, Rainbow Group, Friday Inverness, New Beginnings, High Noon.

Groups that do not choose to bring a main course could bring a Door Prize which would be greatly appreciated. *John L, Gratitude Dinner Chair*

TO ALL GROUPS:

The upcoming picnic in Floral City is being funded from a discretionary fund which includes profits from previous events. Your donations are used for the hotline, the website, the newsletter, one half the cost of Where'n'Whens, and the bookstore. They are NOT used for events. When the discretionary fund is used up, picnics will have to be self supporting again.

Beverly H, Vice Chair

Worry and Stress

"I'm learning it's what I do with my today that counts," said one group member. "I can make this a day to remember or a day to regret just by the kinds of thoughts I have about it.

"Let me explain what happened to make me realize this," he continued. "Two days ago, I woke up grumbling about my sorry lot in life. My divorce, my bills, and a recent argument with a close friend haunted me. Throughout the whole day I nursed my woes and convinced myself that this was just another rotten day. And do you know what? That's exactly what it turned out to be! Nothing went right. I even had a second argument with another friend who called to cheer me up.

"Yesterday, I overheard someone say that a person is made or unmade by what he thinks. I thought about this for a while and decided to try it out today. Instead of greeting the day with my usual, 'Good God, morning!' I consciously said, 'Good morning, God!' with the expectation that it would be a good day. And that's what it's been. I even called my two friends to apologize for my previous terrible mood, and I had a warm and friendly conversation with them both!"

ANNIVERSARIES:

Deadline for submissions is the Thursday following Intergroup meeting

Floral City Group
Patti C 15

Floral City Men's Group
Frank S 13
Kenny 13
Mike M 6

High Noon
Sandra H 16
Eric W 1
Megan B 1

Holder Way of Life Group
Cathy K 8

Rainbow Group
Pete P 34
David A 19
Keith I 8
Jack L 3

Share At Noon
Marilyn 13
Gail M 8
Joan T 2

Sober Sand Knats
Sheila S (Aug) 21
Debbie O (Aug) 2
Bill F 24

Woman's Friendship Group
Susan J 30
Madge 12
Shirley C 10
Gail M 8
Cathy K 8

Yana
Richard R 29
Marie R 26
April M 10

Contributions

	YTD
ABC Group	\$0.00
Attitude Adjustment Gp	\$60.00
Big Book 164	\$190.00
Bright Spot	\$0.00
Crystal River BB	\$100.00
Crystal River Group	\$452.06
Dunnellen Group	\$96.52
New Beginnings-Dunn	\$150.00
Floral City Group	\$0.00
Floral City Men's Group	\$100.00
High Noon Group	\$100.00
Holder Way of Life Gp	\$75.00
Inverness Friday Night	\$160.00
Inverness Monday Night	\$150.00
Inverness Wed Night	\$60.00
It's In The Book	\$20.00
Keep In Step	\$0.00
Last Chance Gp	\$0.00
Lecanto Group	\$0.00
Monday Night Men's	\$0.00
Never To Early Group	\$0.00
Night Cap Group	\$0.00
Quail Run Closed Step	\$0.00
No Name Group	\$150.00
Red Eye Group	\$0.00
Rainbow Group	\$223.05
Resentment Group	\$30.00
Share At Noon	\$150.00
Sober Sand Nats	\$125.00
Wahoo Group	\$0.00
What The Book Says	\$0.00
Women's Friendship Gp	\$60.00
Women to Women	\$0.00
Women's N-Beginnings	\$75.00
Won Rebos	\$223.50
Yana	\$75.00
Monthly Totals	\$2,825.13

INTERGROUP OFFICE/BOOKSTORE

111 W. MAIN ST. - RM 305

INVERNESS, FL 34450—352-344-0290

OPEN: MON, WED, FRI 10AM-4PM SAT CLOSED

Store volunteers: Paul B(Attitude Adjustment), Rich G(Keep In Step), John W(Big Book 164), Darral M (Floral City Men's), Denis S(Crystal River), Janet B (Attitude Adjustment), Jim L(Attitude Adjustment), Butch L(Its In The Book), Matt B(Resentment), Anonymous

If you would like to volunteer call John W 215-990-1170 for more information.

Intergroup Hotline Report

Hotline Report: 98

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Detox 3
Book Store 16
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If you would like to be a volunteer for the 12 Step List just call the Hotline number and give them your information. Groups can download a signup sheet from the web site and pass it around at meetings.

The following groups were represented at the Intergroup meeting.

Attitude Adjustment, Crystal River, Dunnellon, Dunnellon New Beginnings, Floral City, Floral City Men's, High Noon, Holder Way Of Life, Inverness Friday Night, Rainbow, Resentment, Women's Friendship, Yana



Sponsored by District 28

Three Legacies Workshop

When: Saturday October 1st, 2011 from 10 - 2pm
Where: Our Lady of Fatima Catholic Church
550 U.S. Highway 41 S. Inverness, FL 34450
What: 10am Fellowship with coffee and donuts
10:15am Three Panels with Q and A on each of the Legacies moderated by Dan E. our past Delegate
Lunch provided by the district will follow the panel discussion.

Please join us for fun, food and fellowship as we discuss and learn about our 3 Legacies of Recovery, Unity and Service!

BUSINESS MEETING

LAST SUNDAY OF EACH MONTH 4:30PM AT THE COMMUNITY CENTER IN HOLDER.

DISTRICT 28

MONTHLY MEETING TO FOLLOW INTERGROUP

INTERGROUP

OFFICERS

CHAIR—AL L

586-0800

VICE CHAIR—BEVERLY H

344-5939

SECT—DENIS S

TREAS—JOHN L

INTERGROUP TRUSTEES

DARRAL M—PAUL B

JOHN W—MARTHA G

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621-0599

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DISTRICT 28

OFFICERS

DCM—PAT H

ALT DCM—PAULA D

SECT—STEVE N

TREAS—CHAR S

JOURNALS FOR GROUPS

CAN BE PICKED UP AT:

BOOKSTORE

EAST COUNTY

FRIDAY BEGINNER'S

MEETING 6:30 PM

WEST COUNTY

SERENITY CLUB

JOURNAL IS ALSO

POSTED ON WEBSITE

www.ncintergroup.com



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